

## ABSTRACT

A ring-shaped metal gasket 10 in which a metallic ring 10b is fitted to at least one of two valley portions 11b, 12b in the ring-shaped metal gasket 10a. The metal gasket 10 is free of plastic deformation even if a large compressive load is applied thereto and difficult to undergo fatigue destruction. Even if a difference in pressure between a fluid side to be sealed and a non-fluid side on the opposite side is high, the gasket is hard to damage.